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# Menu Planner

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## Menu Planner

	Breakfast	Lunch	Supper	Snack
M				
T				
W				
TH				
F				
SA				
SU				

### MyPyramid Daily Portions from Each Food Group:

Grains \_\_\_\_\_ Vegetables \_\_\_\_\_ Fruits \_\_\_\_\_ Milk \_\_\_\_\_ Meat and Beans \_\_\_\_\_

Shopping List			
Dairy		Canned	
Meat		Frozen	
Produce		Nonfood (paper supplies, soaps, cleaning supplies, etc.)	
Grains		Other	

Revised by Kathy Daly-Koziel, former EFNEP Coordinator

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